

# Know Your Numbers

## Mini Health Screening at Work

March 28, 8am-11am  
ADOA Main Lobby

### Includes

- Blood pressure
- Body composition (weight and body fat percentage)
- Fasting cholesterol and full lipid panel\*
- Fasting blood sugar\*

\*8-hour fasting is recommended for best results, but is not required for the afternoon events (Water and Medications are OK)

Participants will be required to provide their Employee Identification Number (EIN) at this event

### Know Your Numbers Campaign

Your screening results will be mailed to your home in 7-10 days.

The results of these tests are valuable indicators of your overall health and well-being.

Once you receive your numbers we encourage you to use them to log on [www.bewellstaywell.az.gov](http://www.bewellstaywell.az.gov) and complete the Mayo Clinic HRA April 2 - May 11  
Learn more about your health and wellness with Mayo's wealth of resources.

## No Appointment Needed

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**Be Well Stay Well.**

Screenings Performed by Healthwaves